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RAF LAKENHEATH, UK www.lakenheath.af.mil

LHS varsity
basketball teams
take down Wolves

Precision training

492nd, 493rd
FS deploy

TOP COP

Airman wins
Air Force award

High Yield

'Scrap Man' turns trash to treasure



JET 48 Vol. 30 No. 3
Friday, Jan. 24, 2003

Brig. Gen. John T. Brennan
48th Fighter Wing commander

Maj. Francisco G. Hamm
Public affairs chief

Master Sgt. Will Ackerman
Public affairs superintendent

JET 48 STAFF

1st Lt. Chris Watt
Deputy chief of public affairs
Chief of internal information

Staff Sgt. Tiffany Jeltema
Assistant editor

Senior Airman Jeff Hamm
Assistant editor

Tabby Casto
Jet 48 intern

HOW TO REACH US

Submissions

Email: jet.48@lakenheath.af.mil

DSN: (314) 226-2151

Fax: 44+(1638) 525 637

Phone: 44+(1638) 525 640

Editorial office: Jet 48, Unit 5210 Box 215, APO AE 09464

All correspondence should include the writer's full name, address and telephone number, and may be edited for clarity and space.

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48th Fighter Wing Public Affairs

Mail: 48FW/PA, Unit 5210 Box 215, APO AE 09464

Email: 48fw.pa@lakenheath.af.mil

Phone: 44+(1638) 522 151

Advertising

For advertising rates and information, call
44+(1428) 609 920

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ON THE COVER

Tech. Sgt. Dave Berdis, 48th Civil Engineer Squadron, manages the Liberty Wing Recycling Program. The center made more than \$100,000 profit in 2002 with the help of base community members. *Photo by Maj. Francisco G. Hamm.* See Pages 12 to 13 for story.

Our values vital to success of today's Air Force

BY GEN. JOHN P. JUMPER

AIR FORCE CHIEF OF STAFF

In his inaugural issue of the "Secretary's Vector," Dr. Roche described the process we used to identify and refine our institutional air and space core competencies.

These competencies – Developing Airmen, Technology-to-Warfighting and Integrating Operations – are not new. Rather, they are the unique institutional qualities inherent in everything we've done – and continue to do. This announcement represents our relentless pursuit of discovery and our commitment to provide America with the world's greatest air and space force.

These core competencies lay at the heart of what truly makes our air and space force the powerful and unique team it is today, even more than what we now recognize as our distinctive capabilities of Air and Space Superiority, Global Attack, Rapid Global Mobility, Precision Engagement, Information Superiority and Agile Combat Support.

The significance of these distinctive capabilities endures and,

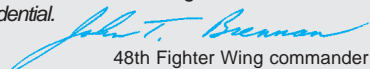
together with our core values, serve to define the essence of who we are as airmen and will guide our continuing development as an air and space force. Our systems may change, our threats may vary, our tactics may evolve, and our people may come and go, but these three core competencies remain the constants that define our Air Force and enable us to fight and win America's wars.

Our distinctive capabilities, which spring directly from these core competencies, will continue to be those vital areas of expertise we bring to any military operation or activity. We can achieve success in these six distinctive capabilities only if we're first successful in our three core competencies. Only then do we bring the decisive effects of air and space power into joint warfighting.

Our air and space force is powerful and unique. Powerful because, through these core competencies, it wields the ability to project power across the globe, whether for decisive combat effects or compassionate humanitarian aid. Unique because no potential adversary exists on the planet that is capable of equaling it in these core competencies and distinctive capabilities.

YOUR LINK TO THE COMMANDER

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 7-2324, fax 7-5637, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48 FW/PA, Unit 5210 Box 215 APO AE 09464-0215), or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.


48th Fighter Wing commander

Postal thanks

I would just like to say "well done" to the Lakenheath Post Office. This is our third Christmas at Lakenheath, and I have never seen such short lines to mail or pick up packages. I know there are always times (like the Monday after Thanksgiving) that are busier than others, but I've been in a number of times during what would normally be peak hours, and even then I've had much shorter waits than I expected. I don't know whether it's their extended holiday hours, the opportunity to make appointments for mailing large numbers of packages, or just general efficiency and hard work (or a combination of all three), but something is working! Thanks to the regular staff and the volunteers for their efforts.

Deborah Dickerson

Rumsfeld explains views on draftees' term of service

BY DONALD H. RUMSFELD

SECRETARY OF DEFENSE

During a recent press briefing at the Pentagon, a reporter asked my views on the old military draft system. Although not eloquently stated, I responded to the question in part as follows:

"If you think back to when we had the draft, people were brought in, they were paid some fraction of what they could make in the civilian manpower market, because they were without choices. Big categories [of people] were exempted – people that were in college, people that were teaching, people that were married . . . And what was left [those who were not exempted] were sucked into the intake, trained for a period of months and then went out, adding no value, no advantage really, to the United States Armed Services over any sustained period of time, because (of) the churning that took place – it took an enormous amount of effort in terms of training and then they were gone."

Again, my statement was not eloquent. A few columnists and others, though, have suggested that those words were intended to mean that draftees added no value to the military. That is not true. I did not say they added no value while they were serving. They added great value. I was commenting on the loss of that value when they left the service. I certainly had no intention of saying what has been reported, or of leaving that impression. Hundreds of

thousands of military draftees served over years with great distinction and valor – many being wounded and still others killed.

The last thing I would want to do would be to disparage the service of those draftees. I always have had the highest respect for their service, and I offer my full apology to any veteran who misinterpreted my remarks when I said them, or who may have read any of the articles or columns that have attempted to take my words and suggest they were disparaging.

The intent of my comments was to reflect a view I have held for some time: that we should lengthen tours of duty and careers for our all-volunteer forces, so that these highly trained men and women in uniform can serve in specific assignments longer, and also not be forced to leave the service when they are at the peak of their skills and knowledge.

It is painful for anyone, and certainly a public servant whose words are carried far and wide, to have a comment so unfortunately misinterpreted.

It is particularly troubling for me that there are truly outstanding men and women in uniform or their families – past and present – who may believe that the Secretary of Defense would say or mean what some have written. I did not. I would not.

I hope this deeply felt statement reaches those who have served those who are serving and their families.



Webb

Duty & honor

RAF Lakenheath airman named security forces' best for 2002

BY TECH. SGT. CLAUDETTE HUTCHINSON

48TH FIGHTER WING PUBLIC AFFAIRS

A security forces airman from RAF Lakenheath was named the 2002 Outstanding Security Forces Airman of the Year for the Air Force.

Senior Airman Ryan Webb, a 48th Security Forces Squadron security controller, was the liaison for all command and control communication functions between the security forces and all other base agencies.

"I was surprised when I won," he said, "I knew that I could do it, I just didn't expect it."

He joined the Air Force in 1999 and, although he is junior in rank, he was able to perform his roles with distinction usually reserved for higher grades, according to Staff Sgt. Christopher Lewis, his former 48th SFS supervisor.

"He is the most exceptional senior airman I have ever worked with," said Lewis.

While deployed to Tuzla Air Base, Bosnia-Herzegovina, in support of Operation Joint Forge, he was first to evacuate and establish safe zones for people during an exploded ordnance incident. Selected to participate in joint service patrols, his knowledge and experience of all heavy weapons was invaluable to the defense of the base.

In one instance, his heroic performance saved a pregnant woman's life, who was unconscious, by administering first aide and seeking immediate medical attention.

Webb's abilities and qualities did not go un-noticed by his supervisors when he was selected for senior airman below the zone.

While his on-duty performance was a major contributing factor for him receiving the award, what he does away from the job was also very significant.

He volunteers for After School Youth Activity Center, he is an instructor with the Literacy Assistance Program and a volunteer driver for the wing's Airman Against Drunk Driving program.

At the same time, he continues to work towards his professional development. He accumulated 47 hours toward his Associates of Applied Science, Police Science degree, successfully completed all his required career development courses and is currently taking college courses so he can compete for the Airman Education Commissioning Program.

"He has all the qualities required to be an excellent officer," said Lewis.

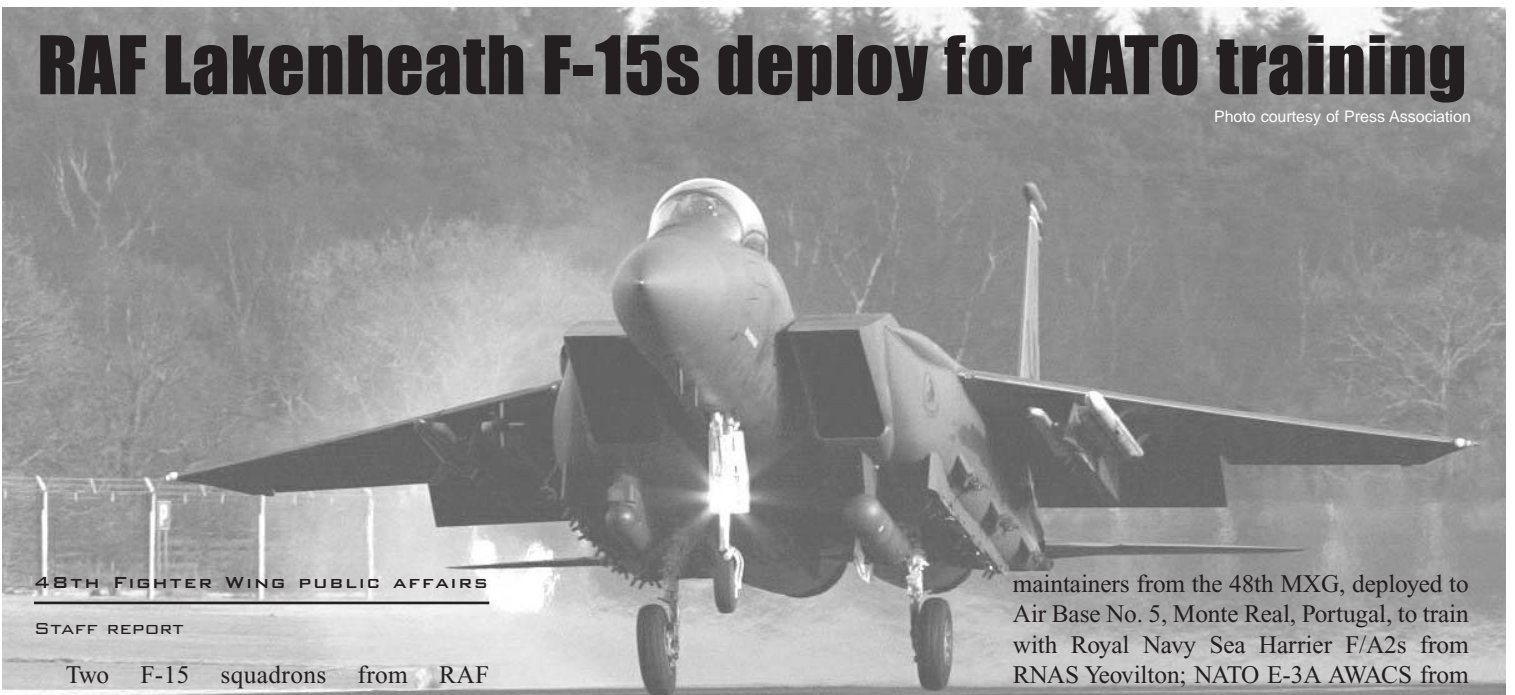
There are a lot of opportunities for airmen to excel here at RAF Lakenheath. His advice to other airmen who wants to excel is to have a positive attitude and to always strive to be and do the best they can, he said.

Later this month, Webb will be moving to Malmstrom Air Force Base, Mont., he said, where he will continue to strive towards his goal of one day becoming an Air Force officer.

"Being here has been a good experience for me. I have been given a lot of opportunities to excel," he said.

RAF Lakenheath F-15s deploy for NATO training

Photo courtesy of Press Association



48TH FIGHTER WING PUBLIC AFFAIRS

STAFF REPORT

Two F-15 squadrons from RAF Lakenheath took off for Spain and Portugal to conduct annual NATO training Jan. 17 to Jan. 31.

The 48th Fighter Wing deployed six F-15C Eagle aircrews from the 493rd Fighter Squadron, and maintainers from the 48th Maintenance Group to Torrejon Air Base,

Spain, to train with Spanish F-18 aircrews.

While in Spain, the 493rd FS will train with their Spanish counterparts in different scenarios to accomplish air-to-air training against different airframes.

At the same time, 10 492nd FS F-15E Strike Eagles and a support team, including

maintainers from the 48th MXG, deployed to Air Base No. 5, Monte Real, Portugal, to train with Royal Navy Sea Harrier F/A2s from RNAS Yeovilton; NATO E-3A AWACS from Geilenkirchen Air Base, Germany; and F-16As from Squadron 201, from Monte Real.

Both peacetime deployments provide training for the entire deployment team to maintain combat readiness, and the experience of working away from home in situations unique to each deployment site.

Fifty years of news

On July 4, 1954, the 48th Fighter Wing became the only organization in the Air Force to receive an official numerical and descriptive designation, "The Statue of Liberty Wing". Lt Gen.

William H. Turner, U.S. Air Forces in Europe commander, presided over the ceremony and officially renamed the wing.

Before unveiling the new emblem, Gen. Turner told the crowd "the redesignation lets the

French know we have not forgotten our long history of friendship and cooperation during peace as well as war."



Photo courtesy of the 48th Fighter Wing History Office

Articles 15

The following people received nonjudicial punishment in December under Article 15 of the Uniformed Code of Military Justice.

☐ An airman first class assigned to the 48th Aircraft Maintenance Squadron was charged with violating Article 121 for stealing AAFES merchandise. The airman received a suspended reduction in rank to airman, 15 days extra duty and restriction to base for 15 days.

☐ An airman first class assigned to the 48th Component Maintenance Squadron was charged with violating Article 111 for driving drunk. The airman received a reduction in rank to airman and a reprimand.

☐ An airman first class assigned to the 48th Equipment Maintenance Squadron was charged with violating Article 92 for dereliction of duty by failing to display a valid road tax disk and Article 107 for making a false official statement. The airman forfeited \$300 pay and received 30 days extra duty.

☐ An airman first class assigned to the 48th EMS was charged with violating Article 111 for driving drunk. The airman received a reduction in rank to airman, 30 days extra duty and a reprimand.

☐ An airman assigned to the 48th Security Forces Squadron was charged with violating Article 115 for malingering by feigning a mental disorder for the purpose of avoiding his duty. The airman received a reduction in rank to airman basic, suspended forfeiture of \$300 pay per month for two months and 30 days extra duty.

December DUIs

The following people were apprehended in December for alcohol-related incidents. The blood alcohol content legal limit under the Uniform Code of Military Justice is 0.08 percent.

☐ A senior airman assigned to the 48th Component Maintenance Squadron was apprehended at Thorpe Road in Norwich for a DUI Dec. 12. The airman blew 0.121 percent on the Lion-Alchometer. The legal limit in the United Kingdom is also 0.08 percent.

☐ A senior airman assigned to the 48th Dental Squadron was apprehended at Gate 9, RAF Mildenhall, for driving under the influence Dec. 21. The airman's BAC was unknown.

Base officers make rank

The following RAF Lakenheath officers were selected for promotion in the line office, judge advocate general, chaplain, medical service corp, dental service corp, biomedical service corp and nurses corp central selection promotion board:

To major

Valerie T. Belle, Christopher J. Bergstol, Marc C. Brower, Marjorie M. Cabell, Eric D. Chapital, Lisa A. Davison, Andrew R. Dean, Wendi J. Dick, Daniel E. Ferris, Kelvin G. Gardner,

Barbara J. Hoeben, John-Louis W. Howell, Steven R. Luczynski, Kelly L. McJoynt, Eric D. Reed, Daren S. Sorenson, Wayne W. Straw, James A. Sukenik, David F. Swayne Jr., William B. Thompson and Timothy G. Welde

To lieutenant colonel

John G. Link, Steven C. Maller and April C. Walton

To colonel

Mark J. Bentele, Thomas D. Hawley, John C. Kresin and John C. Leist III



Tech. Sgt. Guadalupe Rodriguezvaldez
48th Services Squadron

Hometown: Abilene, Texas

Time in service: 13 years

Time on station: Three years, three months

Role in mission: NCO in charge of readiness and training

Hobbies: Playing volleyball and watching sports

Favorite movie: "Remember the Titans," I like it because it shows how two different societies can become one when given a common interest

How do you contribute to the wing mission? I ensure my

squadron is trained and ready to deploy at a moment's notice

If you could change one thing about the Air Force, what would it be? Increase pay for those serving between the 10- to 16-year mark to promote retention

How would you improve life at RAF Lakenheath? By constructing a housing complex closer to the base

Who is your favorite leader in history and why? Jesus Christ – He didn't let any obstacle stop him from accomplishing his mission

If you could live in any period of time, when would it be?

Why? There is no better time than today where we have come a long way and yet there is plenty to be done. The future – to see how far we have come.

Air Force, USAFE begin smallpox vaccines

48TH FIGHTER WING PUBLIC AFFAIRS

STAFF REPORT

Keeping in line with the Air Force chief of staff's immediate implementation of the smallpox vaccination program, certain U. S. Air Forces in Europe members will soon receive the vaccine – including airmen at RAF Lakenheath and RAF Mildenhall.

"We're currently working on getting the implementation plan in the field," said Lt. Col. Fred Kelsey, U.S. Air Force's in Europe public health officer. "But we can anticipate the vaccination program to start as soon as the third week in January."

At the local level, the 48th Medical Group's public health and immunization clinic are working on a plan to implement the small pox vaccines for both bases.

"Taking care of our people is paramount," said Col. Stephen McGuire, 48th Medical Group commander. "We have to make sure our folks are medically ready to meet any unforeseen challenges that might harm them during deployments."

In a Jan. 6 policy memorandum to major command commanders, Gen. John P. Jumper,

Air Force chief of staff, outlined details of the commanders' force protection program against the deadly biological warfare agent.

The first Air Force people to be vaccinated will be medical people and designated forces that constitute specific mission-critical capabilities and base-level smallpox medical team members (medics who have been selected to treat anyone who contracts the disease).

According to the Air Force smallpox vaccination implementation plan, some civilian employees and contractors will also be vaccinated. Other U.S. forces will be vaccinated depending upon circumstances.

According to Maj. (Dr.) Donald Harper, 48th Medical Group, chief, allergy/immunization services, it is expected that up to 30 percent of the people receiving the vaccine will have minor reactions that result in the loss of one or more duty days due to some well-recognized side effects.

"Common side effects are low-grade fever, body aches and pains and an open sore at the site of administration," said Harper.

Hospital officials plan to give people getting the vaccine a briefing on expected reactions, adverse events, and how to access health care

for medical concerns, as well as have educational brochures available.

According to medical officials, the smallpox vaccine is a "live virus" vaccine that uses vaccinia virus. People cannot contract smallpox from the vaccine. Because of these side effects, the Air Force is taking a careful approach to the vaccination program.

"Education will be key to the success of the indoctrinations," said Maj. Christine Cornish, 48th MDG public health officer. "Our folks have to be educated about the vaccine before inoculation."

Smallpox vaccinations are given in a single dose, usually in the non-dominant deltoid muscle (left upper arm for right-handed people, and vice versa). Revaccination is recommended every 10 years.

For more details, visit the following Web sites:

www.smallpox.army.mil - Department of Defense

smallpox Web site

www.bt.cdc.gov/agent/smallpox - Centers for Disease

Control and Prevention Web site

<https://sg.usafe.af.mil/TeamAerospace/Smallpox/> -

Office of Command Surgeon General USAFE

EQUAL listing news

The deadline for members returning from overseas assignments during May through July to update their assignment preferences is Jan. 30. The Enlisted Quarterly Assignment Listing for people returning from overseas during May through July was released Jan. 13.

Affected airmen should work with the military personnel flight to update their preferences since the automated update process is not fully functional. Assignment notifications will be released in February.

For more information, call the military personnel flight at 7-5130.

(Courtesy of Air Force Print News)

Explosive business

INCIRLIK AIR BASE, Turkey — Senior Airman Douglas Frey uses a mine detector to locate buried ordnance here Jan. 9. Frey is assigned to the 39th Civil Engineer Squadron.



Photo by Staff Sgt. Dennis J. Henry Jr.

Jones takes command of USEUCOM

PATCH BARRACKS, Germany (USAFENS) — Marine Gen. James L. Jones took command of the U.S. European Command from outgoing commander Air Force Gen. Joseph W. Ralston in a ceremony here Jan. 16.

Jones' responsibility spans 93 nations in Europe, Africa and the Middle East and he commands five U.S. components: U.S. Army, Europe; U.S. Navy, Europe; U.S. Air Forces in Europe, U.S. Marine Forces, Europe and Special Operations Command, Europe, and also acts as the Supreme Allied Commander, Europe, at Supreme Headquarters Allied Powers Europe, Mons, Belgium. The Joint Chiefs of Staff created the command in 1952 to facilitate American NATO obligations by providing U.S. combat forces for the defense of Europe.

The European Command's mission is to support and achieve U.S. interests and objectives throughout Central and Eastern Europe, Africa and portions of the Middle East. The command performs a variety of functions including planning for and conducting contingency operations such as noncombatant evacuations and humanitarian relief operations; providing combat-ready forces to both Allied Command Europe and other U.S. unified commands; and conducting intelligence activities and security assistance.

Jones comes to USEUCOM after serving as the 32nd Commandant of the U.S. Marine Corps.

(Courtesy of U.S. European Command Public Affairs)



Jones

High Yield

Story and photos by
Maj. Francisco G. Hamm



Den leader Teresa Klein takes Cub Scouts Jonathan Watts, Tyler Klein and Alex Klein to recycle their used goods.

Recycling center turns trash to treasure



"The key is the great community support that we receive. ... Any good recycling program starts at home first."

Tech. Sgt. Dave Berdis,
48th Civil Engineer
Squadron

To some people, a crushed soda can or a torn newspaper is nothing more than trash. As the old adage suggests, "one person's trash is another person's treasure," but for Tech. Sgt. Dave Berdis, 48th Civil Engineer Squadron, treasures like these are perfect for his growing collection.

With a collection amassing more than 22,000 metric tons and yielding a return rate of more than \$100,000 in 2002, it's a collection Team Liberty can be proud of — especially since it's their contributions that has put the Liberty Wing Recycling Program on the cutting edge of recycling in the Air Force.

"I am like a commodities broker for the base," said Berdis, the recycling center manager known as the "Scrap Man." "What people throw away, I collect and sell, and the money comes back into our program."

In its seventh year of operation, the program is regarded as one of the best in the Air Force, receiving the Gen. Thomas D. White Recycling Program Award in 1997, 1998 and 2000.

"We have a program where good begets good," said Lt. Col. Thomas Quasney, 48th Civil Engineer Squadron commander.

"Recycling is the right thing to do and our program is one of the few in the Air Force that is not only cost-effective, but it actually makes a profit."

Berdis, a five-time recipient of the Gen. Thomas D. White Award for best manager five years in a row, oversees a program which reduces recyclable waste material generated by one of the largest U.S. Air Force installations in Europe.

"The key is the great community support that we receive," said Berdis. "Any good recycling program starts at home first."

Berdis has been with the program since it started in an unheated, poorly lit steel shed with less than 600 square feet and little manpower and money. He has built the program literally from the ground up, using innovation and perseverance and enthusiasm.

"He loves (what he does)," said Quasney.

"He's one of those guys who loves coming to work and his success is our success."

Today, the Scrap Man stands proud, walking through the scrap yard and doing inventory on the daily collection that now has a new \$500,000, 2,500 square-foot facility to call home. Located in the same place, this new facility has increased the amount of materials processed by more than 50 percent and, along with a new \$250,000 completely automated sorting and baling system, has saved in excess of 45 percent in man-hours, allowing the base to expand the program into new areas of recycling using existing assets at no extra cost to the Air Force.

The Scrap Man loves what he does but is quick to point to his staff for much of the program's success.

"I have a great staff that helps make this program run," said Berdis, referring to his six Ministry of Defense staff members. "They are the backbone of this program and are dedicated to making recycling work for our community."

The program goes beyond RAF Lakenheath, as Berdis and his staff work directly with the Forest Heath District Council, establishing a close relationship that has become beneficial to both the local council and the base.

Collecting the trash is only part of the recycling program.

Getting people to recycle is the hard part and, according to the Scrap Man, it's all in the packaging.

"The key in generating any money is the packaging and marketing of the product. In this case, it's the base's trash," he said.

"We have introduced a joint advertising program using a new recycling mascot 'Sammy the Squirrel,' along with Forest Heath's mascot, 'Cyril the Squirrel.' The two are promoting 'buy recycled' both on base and in the local community," said Berdis, describing some of the innovative ways the program is being marketed.

Additionally, an agreement has recently been finalized between the base and Forest Heath council that allows the local council to collect green waste from the military family housing units.

The recycling program incorporates three pickup routes and now collects door-to-door from more than 300 facilities base wide and 1,200 military family housing units.

"Along with our six community drop-off points, we have made recycling at RAF Lakenheath as easy as throwing the trash away during a television commercial break," said Berdis.

Berdis attributes much of RAF

Lakenheath's recycling success to it becoming a big part of the daily life on the base and fully reflects the high degree of environmental awareness throughout the base.

For the size of the base's program, they have cut \$100,000 out of the trash collecting costs due to the recycling and have removed over 40 dumpsters over the last three years due to better recycling habits.

"Without the base community's support, our program would not be as effective as it is," said Quasney.

According to Teresa Klein, mother and Cub Scout Pack 219 Wolf Den leader, recycling is part of service to the community.

"It's one of the environmental duties we teach to our children at home and also at Boy Scouts," she said. "Hopefully by teaching our youth to care for their environment, they will continue to recycle and teach others to do the same."

With the community's help, the Scrap Man is hoping for big numbers this year. In 2003, with the addition of construction and demolition waste, the recycling program hopes to exceed 200,000 tons and that's great news for the Scrap Man's growing collection of treasures.

(The base recycling center is located at Building 1138 on Cambridge Road. For details, call 7-6588.)

Not in my house

Lancers dominate the court against Würzburg Wolves

LAKENHEATH HIGH SCHOOL ATHLETIC DEPARTMENT

STAFF REPORT

Lady Lancers defeat Würzburg

The Lakenheath High School Lady Lancers varsity basketball team captured their fourth and fifth conference wins Jan 17 and Saturday, defeating The Würzburg HS Wolves, Germany, 43-31 and 53-32.

The girls were off to a slow start on the evening of Jan. 17, trailing 16-

17 after the second quarter, but strong second-half performances by Trinity Bursey and Amanda Hood helped the team dominate the Lady Wolves in the home stretch and put the game into the win column. Bursey ended the game with 20 points; Hood 7; Andrea McCoy 6; Mimi Smith and Ebony Morris 4; and Sheila Destigter 2.

On Saturday, Hood and Ebony Morris had hot shooting hands in the first quarter combining for 14 points, leading the Lady Lancers to put the game out of reach with a 21-point performance. Bursey again led all scorers with 18 points; Hood 12; Morris 9; Andrea McCoy 7; Mimi Smith and Nicole Ryan 4; and Sheila Destigter 1.

The junior varsity girls team lost to the Lady Wolves Jan. 17 and Saturday, 22-17 and 32-15.

Boys varsity capture hard fought victories

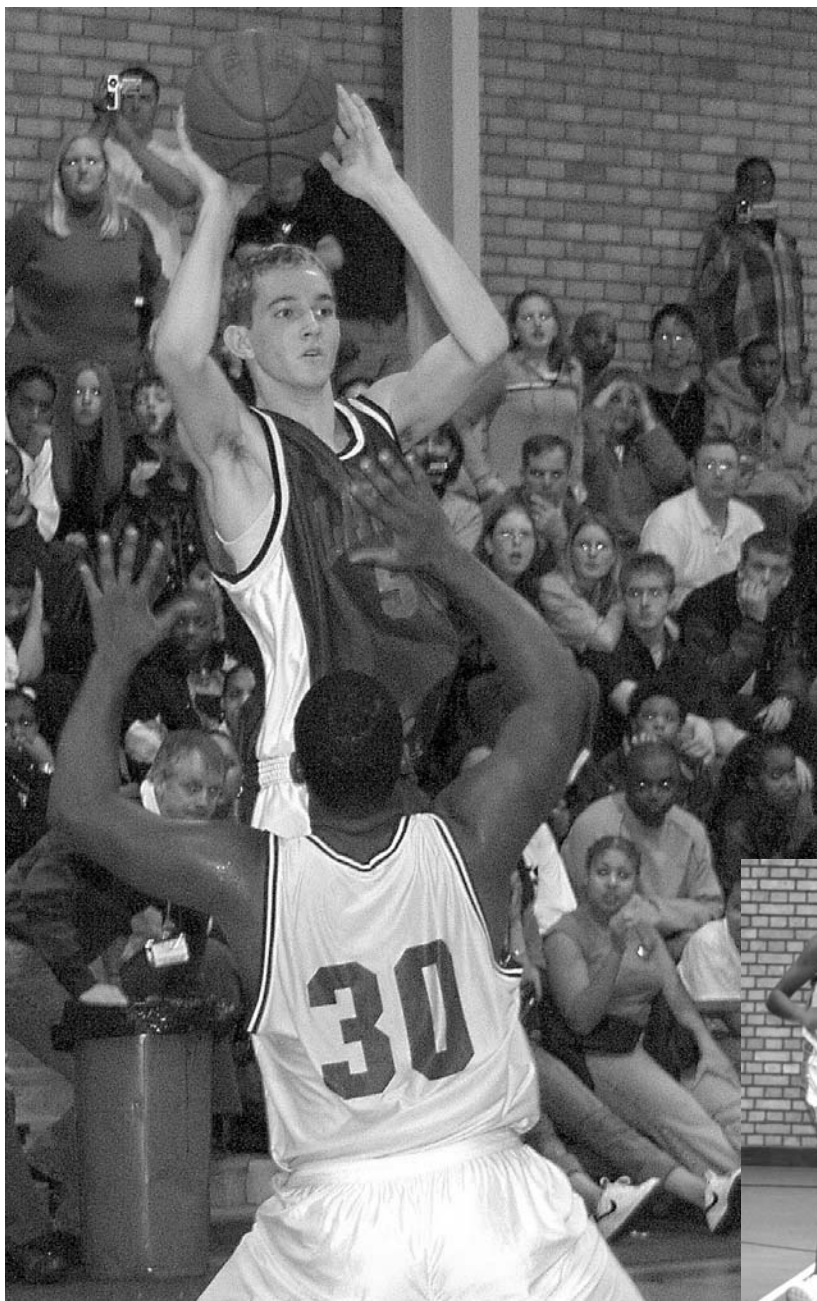
The Lancer boys' varsity team proved the case for patience and discipline this weekend as the Lakenheath team captured two last-minute victories from a talented Würzburg team.

After trailing 19-24 at the half, Philip Bell put on an outstanding second-half performance, scoring 16 of his 20 total points, and ending the night with 11 rebounds and five assists, leading the Lancers to a Division I conference victory, 58-54. John Rogers added 17 points; Spencer LeClair 7; Nathan Kupko 4; Allen Weaver 3; and Brandon Bitner and Jason Ridgeway 2.

On Saturday, it was another seesaw game to be decided in the final seconds. With 20 seconds left, Würzburg tied the score at 45. The Lancers took possession, patiently counted down the clock. With 4 seconds left in the game, on a textbook perfect play, Bell broke to the basket and, on a feed from Kupko, scored the basket to capture the win, 47-45. Rogers led the scorers in the game with 21 points; Weaver and Kupko 9; Bell and James Judge 4.

The JV boys lost to the Wolves Jan. 17, 32-30, and rebounded with a win on Saturday, 40-34.

Both girls' and boys' teams next play at home against the Heidelberg, Germany Lions Jan. 31.



Photos by Maj. Francisco G. Hamm

(Above) Nathan Kupko takes a quick jumper to spark the Lancers in late-game action Saturday.

(Right) Andrea McCoy initiates a fast break as teammate Trinity Bursey and a Würzburg defender follow during the Jan. 17 night game.



What is the secret of personal and professional success, physical well-being, good health or overall joy and happiness? This is the question of the ages that we might simply phrase as "What is the secret of life?" I wish I had the insight or wisdom to provide a meaningful answer. However, over the last few years I've found one...

ESSENTIAL INGREDIENT

BY LT. COL. JOHN P. POWELL

48TH MISSION SUPPORT GROUP DEPUTY COMMANDER

The single ingredient is discipline.

Discipline is an interesting word of depth well beyond its simple meaning. It represents many things to many people. But I am referring to a discipline based on developing a plan and sticking to it – even when it becomes tough. I believe that by developing discipline in our lives we will also find personal happiness and contentment. Frankly, discipline is the key requirement to accomplish almost every action.

Philosophically consider: What is the difference between chaos and freedom? Our founding fathers must have considered this carefully when they declared independence and crafted the Constitution. That difference is based upon discipline – the discipline of not allowing an individual's personal freedom to impinge on the personal freedom of another. Idealistically, discipline is all we would need to ensure freedom. Unfortunately, not everyone – or perhaps anyone – always practices discipline; therefore laws and rules were created as a substitute for when it is missing.

From an Air Force perspective: If flexibility is the key to airpower, what is the key to flexibility? Again it's discipline. The discipline found in precise training and predictable response that allows commanders to flex their capabilities toward changing mission requirements. This discipline can be seen in the launch of an F-15 sortie here at RAF Lakenheath, from civil engineers devel-

oping infrastructure, security forces protecting the resources, logisticians delivering parts and fuel, maintainers fixing and loading and, finally, our aviators flying the mission. The entire effort hinges on the professional discipline of each airman involved.

Just as mission success requires professional discipline at every level, our long-term happiness is dependent upon our own personal discipline. Personal discipline is the ability to overcome immediate impulses for long-term benefit. Most of these "temptations" appear in the form of instant gratification such as the desire for recognition or fame, pursuit of fortune and power, gluttony, laziness, substance abuse, anger and frustration.

These characteristics can be summed-up by the term selfishness. Escaping from their allure is difficult and without simple solutions. But discipline is the crucial ingredient. We must be liberated from slavery to self-interest and fear. Therefore, to establish self-discipline we need to take our self-interests out of the equation. This contradiction is the key. By focusing our lives on the journey of service instead of the destination of ourselves, we will reap what we originally desired – happiness and long-term satisfaction. One great book identifies this thought in the phrase "he who loses his life will gain it!"

Therefore, as we enter this new year, it is a great time to evaluate our goals and pursuits and look toward the underlying values that propel them. By re-examining what is truly important and then using personal discipline as our watchword, we can find peace and happiness. It's time for us to rediscover the "celebration of discipline."

Stark reality

Tips to survive the enlisted world

BY 2ND LT. LANCE TAYLOR

48TH COMMUNICATIONS SQUADRON

I started my career in the Air Force as an airman first class. I intended to separate after my first enlistment, but a chief talked me into staying. She said the Air Force needed people like me, and it was the first time I felt someone cared about my contribution to the service.

Since then, I've completed 13 years. I've picked up a few lessons along the way – things I wish I knew when I first enlisted. Hopefully, you'll take them to heart and use them to your advantage. Knowledge really is power – but only when coupled with motivation.

How do you eat an elephant? One bite at a time

You may think the tasks or goals before you are too big to accomplish. Break them down and create mini-goals. As you complete each one, you'll feel like you made some successes along the way and it will motivate you to finish.

Secretaries carry the real power

Some might discount the efforts of secretaries because they're the unspoken heroes. It's the secretaries who can put your requests on the commander's desk in a timely fashion. Keep in mind they also work closely with all the other secretaries in the chain of command.

You're only as good as your last EPR

Continue to strive for greatness. People will quickly forget your past efforts if your current efforts are largely unmotivated.

Information is power

The Air Force instructions are your ultimate guides. Consult them often and ask people for their references when they tell you something that doesn't sound right.

You're at your best assignment

Make the best of where you are. Don't sit around complaining about how life was better at your last assignment.

Determine your sphere of influence and exploit it

No matter what rank, gender or age, you have control over some aspect of your daily life. Figure out what it is and use it to your advantage.

The only unattainable goal is one not pursued

Every goal, no matter how big, is attainable. The deciding factors are motivation, determination and realization.

All service is good service as long as it's honorable

Even if you only do one four-year term, you're already doing more than 99 percent of the population who enjoy the very freedom you're protecting. Just make it a good four years.

Don't wait for opportunities – create them

Although the Air Force's needs come first, you can usually find a compromise between your wants and its needs. Figure out how to make that happen and implement your strategy. You'd be surprised how much influence you can have over your career.

No matter how small you may think your contribution is, it can make a world of difference to someone else

Whatever your job is, someone else depends on you to do it well. Take pride in it, and do it right the first time, every time.



Discover Britain

By Sal Davidson – Community Relations Adviser



The Bard

Celebration honors memory of Scotland's most famous poet

Jan. 25 is an important day on the Scottish calendar. Jan. 25, 1759, is the birthdate of poet Robert Burns. The anniversary of his birthday is celebrated with a special supper and is known as Burns Night.

Burns Night Supper

The first Burns Night Supper was held at Alloway near Ayr in January 1802. From these humble beginnings started a tradition that has spread all around the world. Robert Burns is the only poet-song writer who is remembered in this way.

Burns Night Suppers do not only happen in far-flung communities of Scots who gather once a year to recall the land of their birth with a glass in the hand and a tear in the eye. They can happen anywhere around the globe, wherever individuals recognise that Burns articulates the feelings, aspirations and common humanity of ordinary men and women in a way that transcends time and national diversity.

Burns Night Suppers are a simple celebration of the fare enjoyed by the poorer folk of rural Scotland. The centre of the meal is the haggis which is served with "bashed neeps" and "champion tatties." Bashed neeps are mashed swedes and champion tatties are mashed potatoes.

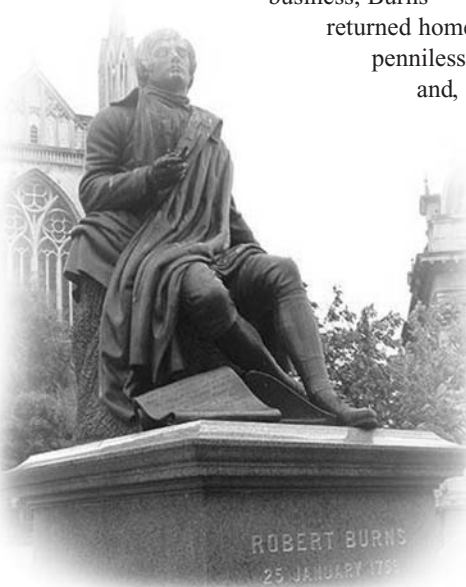
When the gathering is a large formal one, there is a great deal of ceremony involved. When the guests are seated for the banquet, a piper pipes in the haggis and places it on the head table. Then the master of ceremonies stands up to "address" the haggis, reciting Burns' "Ode to the Haggis" before cutting it with a Scottish dagger, a skean dhu which is still worn with traditional Highland dress. The haggis is then passed around and eaten by the guests.

Dinner is normally followed by readings from Burns's works and the singing of Scottish songs. There are also a number of speeches by guests, all of which must have a Burns theme. The speeches include some aspect of his life or an examination of the causes he championed. While all this is going on, copious quantities of whisky are drunk to encourage the speakers – and good speakers are cheered loudly.

The poet

Burns was the oldest of seven children born to William Burns, a tenant farmer. Poverty curtailed his formal education, but Burns read widely in English literature and taught himself to read in French. His father encouraged his self-education, and his mother made him familiar with Scottish folk songs, legends and proverbs.

After a failed attempt at business, Burns returned home penniless and,



Courtesy photo
Robert Burns' statue on the Ocatagon in Dunedin, New Zealand.

when his father died in 1784, became head of the family. The rented farm that he and his brother occupied also failed, so Burns was eventually appointed to the Excise Service. By this time he was married and had four children to support.

His first poems were composed around 1780. His later work consisted almost entirely of songs, including original compositions and the adaptation of traditional Scottish ballads and folk songs.

Burns captured the countryside and humble farm life in his works. He was an outspoken champion of the Republican cause at the outbreak of the French Revolution, and this stance alienated many of his admirers, some shunned him.

The Burns Heritage Trail

The Scottish Tourist Board and local authorities have developed a heritage trail which links the places associated with Robert Burns. It begins at his birthplace in Alloway (south of Ayr on the west coast of Scotland) and travels to Dumfries where he died in 1796.

Scotland in general

Visiting Scotland any time is always a pleasure, not least because of the very warm welcome you will receive. The scenery is spectacular and varies from the lowlands to the rugged highlands and the many islands off the mainland. Some of the world's most famous golf courses are located in Scotland, for example St. Andrews, Troon and Turnberry. Scotland is also famous for its salmon fishing. Traditional highland games take place during the summer months. There is now a permanent memorial to William Wallace in Stirling, and the face on the statue bears the features of Mel Gibson who played Wallace in the film *Braveheart*.

Famous Americans of Scottish descent

□ Woodrow Wilson, the 28th President of the United States, was the grandson of a Scottish Presbyterian minister. His term of office was an exemplary one, fighting for the cause of the common man and promoting the Scottish belief in a strong education system for the people of the country.

□ Andrew Carnegie, a poor Scots immigrant, found fame and fortune in the United States where he became the Pittsburgh steel millionaire.

□ John Mackintosh, the developer of the Mackintosh Red apple, was born in New York but his father emigrated to the United States from Inverness. Apple Computers have named a range of computers after him.

□ John McLaren, the creator of the garden of the Golden Gate, San Francisco, was born in Bannockburn, Stirlingshire.

To find out further information of the life of Robert Burns and Scotland in general, a good website to visit is www.rabbie-burns.com.

For more information on living in Britain, look in the British community information public folder, or call Sal Davidson, community relations advisor, at 7-3145, or e-mail sal.davidson@lakenheath.af.mil.



Briefs

Goal Day

The 48th Fighter Wing takes Monday off as a goal day because the wing met its first quarter flying hour program. Real world events could impact this or any other day. People should use caution when planning trips, buying tickets, etc.

Skills Development Center hours

The Skills Development Center changed its operating hours to weekdays, 9 a.m. to 5:30 p.m.; Saturdays, 10 a.m. to 4 p.m.; and Sundays, 10 a.m. to 4 p.m., retail sales only. For more information, call 7-2194.

Deployed members' club dues

Servicemembers deployed 90 days or more may have their club membership dues waived if there is no club at their deployment location. Bring your orders to the cashier's cage before you go. For more details, call 7-1611.

Youth of the Year

Youth interested in competing in the Boys and Girls Clubs of America Youth of the Year program may pick up nomination packages at the youth center. The program recognizes outstanding achievements of youth ages 14 to 18 who demonstrated service to their youth center and community, achieved academic excellence and contributed to their family. First place earns a \$3,000 scholarship and the runner-up earns a \$2,000 scholarship. Packages must be turned in no later than March 7 to the youth center. For more information, call 7-3180.

Events

Liberty Wing awards banquet

The Liberty Wing names its top Liberty Warriors for 2002 at the Wing Annual Awards Banquet Feb. 8 in the Eagles' Landing with cocktails at 6 p.m. and dinner at 7 p.m. Dinner is \$22 per person (\$20 for club members). Those planning to attend should notify their first sergeant by Wednesday.

Heritage events

The African-American Heritage Committee seeks singers, dancers, bands, comedians, etc. to participate in "Apollo Showtime" Saturday at 2

p.m. in the RAF Mildenhall Box D Theater. Admission is \$3 for adults and \$2 for children.

The committee also holds a Black History Month Bowl-A-Thon Feb. 1 from 2 to 5 p.m. at the RAF Lakenheath bowling alley. Cost is \$10 per person. For more information, call LeShan Arnold at 98-3262 or Master Sgt. Allen Anderson at 98-4693.

Cart racing safety day

Outdoor recreation and 48th Fighter Wing Safety host a cart-racing day Saturday in Ipswich. The event is off-road on a dirt/rally-style flat track. Outdoor recreation provides transportation and group rates and departs Saturday at 11 a.m. and returns at 3 p.m. Racing suits and helmets are provided. Drivers should bring gloves and sturdy shoes. Sign up at outdoor recreation today. Participation limited to 16 participants and costs \$50. For more information, call 7-2146.

Charity basket auction

The RAF Lakenheath American Red Cross hosts a charity basket auction Feb. 21. Units and individuals are invited to donate a basket or services for auction. Proceeds benefit the American Red Cross. Baskets can have unique themes such as golf, education, fitness or food. For more information, call 7-1855.

Home-school geography bee

The home-school student geography bee is Saturday at the base chapel, 9 a.m. to noon, for all grades. For more information, call Lisa Hornish at (01638) 532784.

School meeting

The Lakenheath Middle School Advisory Committee meets Feb. 4 in the Ivy Room to discuss the music program, snack sales and school renaming. For more information, call 7-7006.

Marriage conference

The 2003 Military Marriage Conference is March 7 to 9 at the Cambridge Crowne Plaza. For more information, call Kendra Meyers at 98-8905.

MOVIES

RAF Mildenhall 98-2351

Today

6:30 p.m. Just Married, PG-13, starring Brittany Murphy and Ashton Kutcher. A happy young couple, Sarah and Tom, marry against the wishes of Sarah's friends and family and go to Europe for their honeymoon. Unfortunately for them, Sarah's parents send Sarah's ex-boyfriend, Peter Prentiss, to break up the happy marriage.

9:30 p.m. Punch-Drunk Love, R, starring Adam Sandler and Emily Watson. Barry is a quiet, shy, socially awkward man who undergoes a powerful transformation when Lena walks into his life with an instinctive attraction to him, a nonjudgmental attitude and unconditional love.

Saturday

6:30 p.m. The Ring, PG-13, starring Naomi Watts and Chris Cooper. Rachel uncovers a strange videotape which may have been to blame for the deaths of local teenagers. An urban legend says that whoever watches the tape will die after seven days. After she and her son watch the tape she realizes she's running out of time to uncover the secret of the ring.

9:30 p.m. Knockaround Guys, R, starring Barry Pepper and Vin Diesel. John Gotti's gone, the Feds are cracking down and there's no such thing as honor anymore. But for the somewhat pampered twenty-something sons of four well-known wiseguys, it goes deeper than that. When you wear an infamous last name, the legit business world isn't an option either.

Sunday
2 p.m. Special live presentation: "Apollo Showtime."

6:30 p.m. The Ring, PG-13

Monday

6:30 p.m. Punch-Drunk Love, R

Tuesday

6:30 p.m. The Ring, PG-13

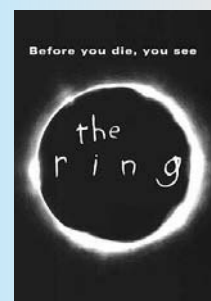
Wednesday

6:30 p.m. Swimfan, PG-13, starring Jessie Bradford and Erika Christensen. Ben has it all: friends, a terrific girlfriend and he's on the fast-track to an athletic scholarship, until the new girl in town Madison sets her sights on him, she becomes his most unexpected nightmare.

Thursday

6:30 p.m. Just Married, PG-13

Editor's note: The Pine View theater is scheduled to be closed until March 2003 for renovations.



Race time

Zachary Randolph (left), Lightning Patrol, and Joshua Smith (right), Thunder Patrol, race their cars in the annual Cub Scout Pine Wood Derby Race at the Lakenheath Elementary School gym Saturday. (Above) Second place winner Trevor Ware, Bear Den, First place winner Adam Thomas, Webelos, and third place winner Alfred Stanley, Wolf Den, display their winning cars.



Photos by Teresa Klein